

Executive Fitness Training

@ CrossFit Cleveland

You can get in the best shape of your life, we'll teach you how

Where to begin:

Our **Executive Fitness Starter Program** is designed for people who are out of shape and want to get started on an exercise program that works.

You don't have to be an executive, just someone between the ages of 18 and 80 who wants to get back in shape but doesn't know how to start. You will train in a small group (6 people max) three days per week. A CrossFit Certified Instructor will lead your group at all times. You will learn to perform our Level I and Level II functional exercises using proper form and technique. All exercises will be scaled to your current ability and fitness level.

We have new morning and evening programs starting every month. The 6-week program consists of 18 one-hour training sessions and costs \$270 per person, or \$15 per session.

What's next?

After completing your Executive Fitness Starter Program, you can choose to attend our daily CrossFit group workouts or continue your training at class times reserved specifically for your Executive Fitness group.

Our **Executive Fitness Classes** are reserved times for you to workout with your instructor in a small group setting, three times per week. Each session is one hour in length and the group size is limited to 6 people. The monthly fee is based on a \$15 per session rate.

Our **CrossFit Unlimited Membership** lets you attend any of our CrossFit group workouts held six days per week. Please see our website for our CrossFit Group Workout Schedule. The monthly fee for Unlimited workouts is \$100 per month.

Our **Private Group Fitness Classes** offer flexible scheduling to fit your group's training needs. We can develop a program using your fitness facility or ours. Please ask Bill Russell for additional details.

How do I start?

Contact Bill, Staci, Paul or Nancy to schedule your first workout.

Call (216) 812-7841 or Email: execfitness@crossfitcleveland.com

You can see and hear what our members say about our training in a video at www.CrossFitCleveland.com



What some our people are saying:

It's great for everyone no matter what their level of fitness is. It's totally different from anything they've ever done and it works so much better than regular gym workouts.

Patrick G.

Small group, great instruction, and very encouraging environment.

Linda S.

The program teaches a whole-body workout based on calisthenics, bodybuilding, gymnastics, and other sports. Most, if not all, of the exercises are designed to use your upper and lower body simultaneously, rather than isolating one muscle group.

Also, from an economic perspective, it's a great deal—it's like getting personal training at a fraction of the cost.

Catherine R.

CrossFit Cleveland

17140 Madison Avenue
Lakewood, OH 44107

(216) 812-7841

Bill & Staci Russell
Paul & Nancy Zagaria
Co-Founders